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PLUS HONEYMOON BABY SURPRISE!

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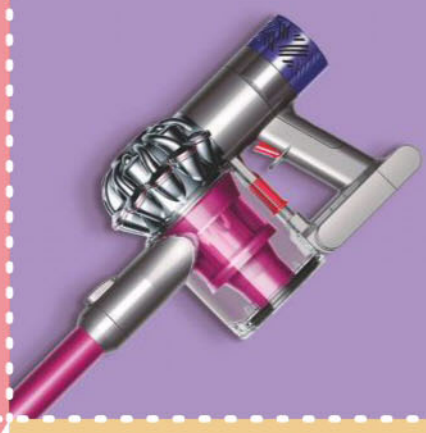
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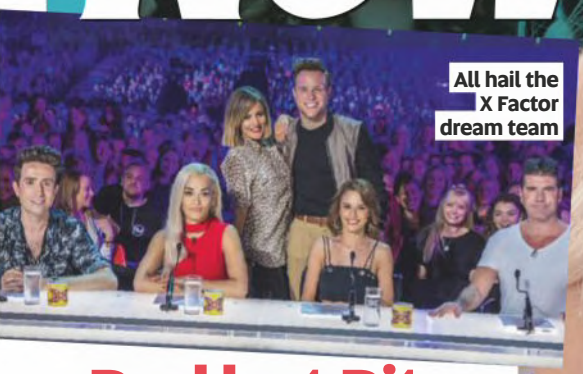


TOGETHER

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20 July 2015

She's so Now



All hail the X Factor dream team

Red hot Rita

Rita Ora wowed the crowds at the first X Factor audition last week, when we got to see the new show line-up for the very first time. The singer's ruled out any cat fights with fellow judge Cheryl Fernandez-Versini saying: 'She is very hot and pretty.' But we're definitely looking forward to a weekly fash-off between the two. For some more summer style icons, turn to p56.

Enjoy the issue!

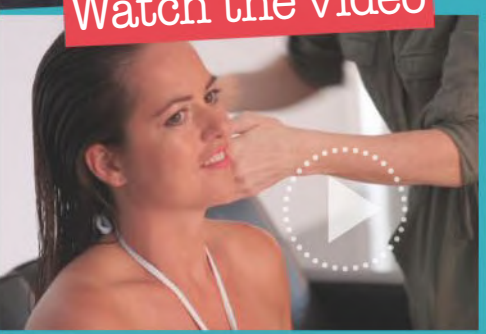
Sally x



Sally Eyden, Content Director
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Cover photos: FameFlynet, GC Images, PA, Rex, Vincent Dolman. She's So Now photos: PA

Watch the video



Want to see selfie queen Karen Danczuk's guide to taking the perfect pic? Then head to nowmagazine.co.uk/karendanczuk

Lookin' Hot Right Now, Reets

Summer fashion inspo, p56

Steal Zoe Hardman's style, p54

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This week's

Love juice

Who's **dating**, **mating** and **hating**

Going solo again



Brian McFadden & Vogue Williams

They tied the knot just three years ago but former Westlife singer Brian, 35, and DJ Vogue, 29, have called time on their four-year relationship. Vogue started seeing Brian in 2011, moved to Australia to live with him three weeks later, and they got engaged after just eight months of dating.

They announced the shock news of their split on Twitter last week by sharing the same emotional message. 'It is with sadness that Vogue and I have made the tough decision to go our separate ways,' read Brian's statement. 'We'll always care greatly about each other, remain friends and we wish each other all the very best for the future. We have nothing else to say on the subject and we would like to thank our friends and family for their support during this difficult period.'

The break-up comes just months after Brian described Vogue as his 'soul mate', revealing in an interview that the pair 'just clicked'. 'Although it was a whirlwind romance, it was just so right from the beginning, so we knew it would work,' gushed Brian. He was previously married to Kerry Katona, with whom he has two daughters Molly, 13, and Lilly-Sue, 12.

Shock split 1



Kerry kicks out hubby

Kerry Katona & George Kay

Brian's ex Kerry, 34, has reportedly kicked out her husband George just nine months after getting married. Sources claim that former rugby player George, 35, has been partying and 'going missing regularly' from their £3,500-a-month family home in Oxfordshire. The couple have had a rocky time since marrying last year and Kerry recently hinted all was not well, Tweeting: 'Funny how life can change in a split second and your eyes have been open.' We hope they can work things out.

Shock split 2

LOVE ladder

Hotting up

Going off

Kellie Maloney & Tom Selleck

OK, they're not actually dating – but Kellie, 62, says talking tash Tom, 70, is her 'ideal' man, adding: 'He's very handsome.' But for now she's been seen on a date with Brit actor Lincoln Hudson.





Nick Grimshaw & Michael Mayren

Nick, 30, is said to be getting close to photographer Michael. They even celebrated Michael's recent birthday with a fancy hotel trip.



Jennifer Garner & Ben Affleck

Looks like his split from Jen, 43, has taken its toll on Ben, 42. He was spotted looking rough as he picked up a coffee in LA.

Stephanie Pratt & Josh Shepherd

MIC's Josh, 26, has posted a message on 'things money can't buy', including 'respect', 'trust', and 'love'. A dig at Steph, 29, perhaps?





It was their first public outing as a family of four

A right Royal christening

Princess Charlotte

Prince William and Kate, Duchess of Cambridge, both 33, stepped out with Prince George, who turns two next week, and two-month-old Charlotte for the Princess's christening on 5 July. The Queen and various other Royals also attended the ceremony at the church of St Mary Magdalene in Sandringham and little Charlotte, who donned a historic lace robe, was blessed with no fewer than five godparents: Will's close friends Tom van Straubenzee and James Meade; his cousin Laura Fellowes; Kate's lifelong pal Sophie Carter; and her cousin Adam Middleton. Greedy.

Words: Lucy Cornall. Photos: PA, WB, Goff

Bump news!

Michael Bublé & Luisana Lopilato; Coleen & Wayne Rooney

Michael, 39, and wife Luisana, 28, announced they're expecting again in a cute vid, in which Michael asks son Noah, one: 'Who's that in there?' Noah then prods his mum's tum and says: 'Baby!' Coleen and Wayne, both 29, also revealed sons Kai, five, and Klay, two, are getting a sibling, with Coleen posting: 'Baby number 3 is on the way... ...January!! We are so happy and excited.' Aww!



'I just haven't met you yet!'



Crush corner

JAKE QUICKENDEN, 26

Stop the press because things just got HOT in here! The X Factor 2014 finalist has stripped off again to reveal his seriously toned torso. Jake's girlfriend Danielle Fogarty is one lucky lady!



OUR BABY STRUGGLES



DESPERATE CLAIRE: 'I still can't get pregnant'

Despite losing 5st, former Steps singer Claire Richards is facing baby heartache

She became as well-known for her fluctuating weight as for being part of 90s pop group Steps. And while it looks as though Claire Richards, who's now a healthy size 10, is finally happy with her body, there's still one struggle she's facing.

Already parents to seven-year-old Charlie and five-year-old Daisy, Claire and her husband Reece Hill, 47, are desperate to add to their brood. And despite Claire's weight loss, the 37-year-old is finding it difficult to conceive baby No 3.

A source says: 'Claire's still not pregnant, which is upsetting for her. She really thought that when she lost all the weight, that would be it – but it hasn't happened for her yet.'

Speaking candidly in an interview earlier this year, Claire admitted: 'The reason I'm this size is that I want another baby more than I want cake.' Claire, who lost an impressive 5st, revealed that doctors warned her she'd have to lose weight and keep it off if she wanted to fall pregnant again. And as her struggle continues, she hasn't ruled out the helping hand of IVF.

'I WANT A BABY MORE THAN CAKE'

Claire said recently: 'I had no idea that being overweight was causing my fertility problems. We've talked about IVF – which I'm beginning to fear might be our only hope – but I'm not sure yet if I want to put us through what could be a lot of heartache for nothing.'

Claire decided to set the record straight about her dramatic weight loss on Loose Women last year, when she said: 'My husband Reece and I decided that we want to try for another baby and me being overweight was causing us a lot of problems. I went to see the doctor and he advised that I lose weight. So that's the one and only reason why I've done it this time.'

Claire added: 'I'm not bringing out a fitness DVD, I'm not doing some miracle diet, I don't have the secret to weight loss and staying slim – I clearly haven't because I've been up and down so many times.'

The singer's never been shy about discussing her body battles, and over the years has yo-yoed between a size 8 and a size 20. After leaving Steps, she was a slim 9 ½st. However, the weight gradually crept on, ending up at 16½st at her heaviest.

Writing about her eating issues in her tell-all autobiography All Of Me: My Story, she confessed: 'I have an emotional connection to food. Food for me is almost like a drug. I get an instant gratification from it but it doesn't last very long. So then I have to find the next thing to eat to satisfy my craving. You could compare it to being a drug addict or an alcoholic.'



The singer was a tiny size 8 while she was in Steps in the late 90s



She went up to a size 20 after quitting the band and having two children



Claire and hubby Reece are considering IVF this time



Holly and hubby Dan have three children under six years old

HOLLY: 'Why is he crying all the time?'

Holly Willoughby admits she's found it tough with baby No 3

Pregnant with her third baby last year, Holly Willoughby was insistent she wanted the full year off from This Morning. And the TV presenter, who returns to the sofa in September, was very grateful she did.

Having already had two children – six-year-old Harry and Belle, four – Holly and husband Dan Baldwin thought they knew what to expect with son Chester, now nine months. But shortly after his birth last September Chester was diagnosed with silent reflux and had feeding issues after a tongue-tie operation failed.

'I didn't realise how bad it could be,' Holly's admitted. 'He would just scream all the time. It was a really stressful time. You worry about them anyway, but add that to the mix and it's awful. He's fine now.' We're glad to hear the worst is over, Holly.

TURN FOR MORE

Michael Ah-Moye, medical director and consultant gynaecologist at the Herts & Essex Fertility Centre, says: 'Obesity affects fertility by causing hormonal imbalances and problems with ovulation, and is particularly associated with polycystic ovary syndrome (PCOS) – a common cause of infertility. Improving your diet and increased exercise is the best treatment for overweight women who are having difficulty conceiving. A weight loss of less than 11lb can improve insulin resistance and menstrual function and fertility can be restored fairly quickly.' For more info, visit hertsandessexfertility.com.

OUR BABY STRUGGLES

KOURTNEY: Dumps Scott for sake of her children

She's had enough of his hard partying

They've been together for nine years but Kourtney Kardashian's finally called it quits with Scott Disick. The reality star's always said her priority is their three children and is now said to have ended the toxic relationship for their sake. 'Kourtney's always taken Scott back but now she has to do what's best for the kids,' says a source.

Over the years they've often argued over Scott's partying. And it was a return to form after they split over the 4th July holiday weekend. While Kourtney, 37, spent the day with Mason, five, Penelope, three, and Reign, six months, Scott, 32, was hitting the party scene in Miami. 'Scott's been running around like he's single,' adds the source. 'Kourt's had it. She's embarrassed by him.'



He was recently snapped getting cosy with his ex in France



Scott was less than thrilled at the news of Kourt's third pregnancy with little Reign



The couple got together in 2006 and Scott's alcohol issues have caused them endless problems. They split in 2010 but reconciled when the nightclub promoter temporarily gave up drinking and attended counselling.

Despite Scott's rehab stint in March, things have spiralled out of control, with Kourt even locking him out of their house in the Hamptons in May, telling him he needed to 'sort his head out'. Friends say she's had doubts since he reacted unhappily to her third pregnancy. She wasn't sure she wanted him at the birth, saying: 'I don't know if I could rely on you to be there. I don't want you drunk in the delivery room.'



'HE HAS TO SORT OUT HIS HEAD'

Words: Kelly Allen and Lucretia Munro. Photos: GC Images, PA, Pacific Coast News, Spread, Wenn, Xposure

KIM: 'I can't give North all the attention she deserves'



Terrible twos? Kim posted this pic of North, saying: 'The struggle is real!'

She was desperate for baby No 2, but Kourtney's sister Kim is finding it hard to juggle pregnancy with looking after North, two. Four-months-pregnant Kim, 34, revealed: 'It's hard because I want to give one hundred million per cent to my daughter, but I literally can't get out of bed some days. I have morning, afternoon sickness, night sickness. But North will lay with me. She's been great.'

And judging by Kim's recent Instagram post of North's outfit meltdown, it seems her daughter's hit the 'terrible twos', creating even more of a challenge for the expectant mum.




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CELEB MUMS OUR MIRACLE BABIES

These stars have overcome their struggles to finally become mums



The EastEnders actress's twins are now five

JO JOYNER, 38

'WE'RE SO LUCKY'

EastEnders star Jo tried to get pregnant with husband Neil Madden for four years before being told it was unlikely they'd conceive naturally. She admitted: 'It was very scary when we were first told. It was like our world had fallen apart.' She opted for IVF – and fell pregnant with twins Edie and Freddie after their first round of treatment in 2010. 'We're very lucky,' she said. 'It's a miracle really.'

Words: Kelly Allen. Photos: PA, Rex

CHARLOTTE HAWKINS, 40

'WE'D TRIED FOR YEARS'



After years of desperately trying for a baby, Charlotte and her husband Mark Herbert were about to start IVF. But the Good Morning Britain presenter was overjoyed when she found out they'd conceived naturally and she gave birth to her first child Ella Rose in February. Charlotte said: 'It took a long while for it to sink in that I was pregnant. We'd been trying for quite some time – years, in fact. We'd started to think: "Is this ever going to happen for us?"'

OUR BABY STRUGGLES



EMILY SYMONS, 45

'I THOUGHT I WAS TOO OLD'

Emily couldn't stop crying after discovering she was pregnant with her first child. The Home And Away star, who plays Marilyn Chambers on the soap, is expecting a boy in August with partner Paul Jackson. After years of unsuccessful IVF attempts, she'd given up hope of being a mum.

She said: 'It's a miracle baby. I cry through all the scans, every time I hear that heartbeat, but they're tears of happiness. I very much thought it couldn't happen and I was too old. I'd given up really – I thought I'd tried every avenue. I thought it would be impossible but it isn't.'

KATE SILVERTON, 44

'THE ODDS WERE AGAINST ME'

Having had an ovary removed when she was 29, Kate suffered four failed rounds of IVF with husband Michael Heron before their daughter Clemency, now three, was conceived naturally. Kate feared she'd never have a second baby, saying: 'I had no wish to go down the IVF route again. The odds were stacked against me.' But after acupuncture, she fell pregnant again and Wilbur was born last July.



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Celeb shopping SELFIES

What have the stars been buying and wearing this week?



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Peter and Emily's wedding secrets

The couple's big day celebrations were marred by family heartache

It seems Peter Andre and Emily MacDonagh just couldn't wait any longer to be husband and wife – despite planning to tie the knot next year, the couple are thought to have married at Mamhead House in Exeter, Devon on Saturday. The lavish estate comprises a 19th century Grade II listed castle, a manor house, an Italian-style terrace, sunken gardens and 164 acres of land.

But the day would have been tinged with sadness over the absence of Peter's big brother Andrew, who died from cancer in 2012. A source said: 'There'll always be a big hole in Pete's life since Andrew died. It's sad for him on big occasions that Andrew isn't there to share it and

TURN FOR MORE



Peter's son Junior and daughter Princess had key roles



The couple are thought to have wed at stunning Mamhead House

Think you know how much these cost at Sainsbury's?



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that he never got to see how happy Pete is with Emily and their daughter.'

Speaking about his brother Danny's wedding in October last year, Peter, 42, said: 'It's bittersweet and it's hard for Mum and Dad without Andrew. He's there in spirit.'

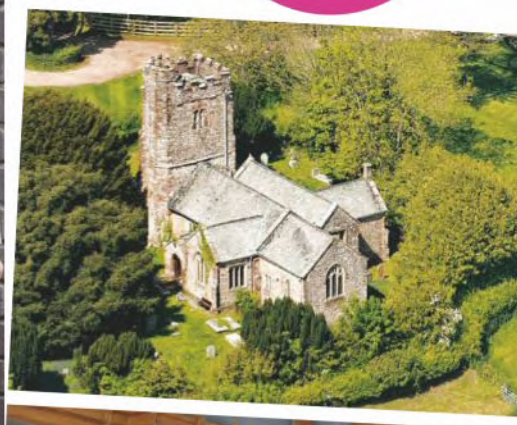
It's perhaps partly why Peter and Emily's big day was expected to be a low-key affair – in complete contrast to Pete's first wedding to Katie Price in 2005. A source says: 'Pete always wanted the day to be about them, their children and their family. Neither he nor Emily has been interested in having celebrities there just for the sake of it – only ones they're actually friends with.'

Last Wednesday, the couple had a joint hen and stag at Tulleys Farm in West Sussex, where close friends and family took part in archery lessons and shooting, and rode quad bikes. After drinks back at home, Pete then headed to Pure nightclub in Bexleyheath with friends and his brother.

The couple – who've been together since 2012 and have a one-year-old daughter Amelia – are so organised they already had their wedding ring made a year ago by designer Geralds Of Knutsford. 'We got the three together – my engagement ring, eternity ring and wedding band,' revealed Emily, 25.



The happy couple out and about with baby daughter Amelia









THE VENUE

Built in 1833 as a 'marriage house' for Robert Newman and his bride Mary, Mamhead includes a Grade II listed castle (top) and beautiful décor.

And when it came to the dress, Emily took inspiration from the Duchess of Cambridge. She's previously revealed: 'Kate's is my dream dress. There's nothing I don't like – the veil, the dress, the long sleeves and an A-line skirt. I wouldn't have a huge dress, just something simple.'

'EMILY AND I WILL TRY FOR A BABY"

'Words can't explain how stunning a bride Emily will be,' Peter has gushed.

Peter's children from his marriage to Katie, Junior, 10, and Princess, seven, were expected to have key roles at the wedding. Peter's previously said: 'Princess is going to be a flower girl and Junior a pageboy.' Congrats guys!



This picture of the couple sent the rumour mill into overdrive

Honeymoon baby surprise?

Could they have brought forward the wedding because Emily's pregnant? Peter sparked rumours when he placed his hand on Emily's tummy at the Nordoff Robbins O2 Silver Clef Awards on 3 July. They did the same pose two years ago at the same event just before announcing they were expecting Amelia.

Peter recently admitted: 'Emily and I will try for a baby as soon as we're man and wife. I imagine we'll probably get started fairly quickly – I can't see us waiting around.'

However, Peter's spokeswoman told us: 'No, they are not pregnant.'

Words: Lucretia Munro. Photos: PA, Rex

TURN FOR MORE WEDDING NEWS

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#WEDDINGGOALS



Mark & Michelle are their inspo!

Dan & Jacqueline WEDDING COPYCATS

✓Hen do ✓Stag do ✓Castle venue ✓Honeymoon

There's no doubt Mark Wright and Michelle Keegan's wedding was like an actual fairytale. The pair got their 'happily ever after' when they tied the knot in May this year – and it looks like they've provided some wedspiration for Dan Osborne and Jacqueline Jossa.

Former TOWIE star Dan, 24, popped the question to Jac, 22 – mum to their five-month-old daughter Ella – while on holiday in Greece last month and the wedding plans are already sounding slightly familiar. It's perhaps no surprise they want similar day sas, just like Mark and Michelle, both 28, Dan and Jac are a TOWIE/soap star union.

Michelle wore a bespoke ivory gown with French lace and fitted fishtail for her big day – and it sounds like that might have just given Jacqueline a teensy bit of inspiration. While Dan gushed about his bride-to-be: 'She'll make a beautiful bride in anything she wears,' Jac's admitted: 'I like the idea of a lace dress that's fitted at the top with an A-line skirt. Nothing too big or sparkly.'

And that's not the only parallel between wedding plans. Remember when Michelle shared a pic of her and her posse heading out to Dubai for her hen do, while Mark partied it up with the lads in Las Vegas? Well, it seems we could be in for a repeat performance as EastEnders actress Jacqueline also likes the idea of going to Dubai for her hen, while Dan quite fancies going to... you guessed it, Vegas. And for their honeymoon, the pair are hoping to go to the Maldives – just like Mr and Mrs Wright did!

Also, like Mark and Michelle, Jacqueline and Dan are planning to marry in the UK when they tie the knot next summer, with Dan saying: 'We've already agreed we don't want to go abroad as we want as many of our friends and family there as possible.' And there's a crossover on the guest list, too, with both featuring James 'Arg' Argent and Lydia Bright, as well as a whole host of soap stars. We can't wait!

Words: Amy Lo

They're their stagspiration, too!



Mark with his mates in Vegas #totalbants



Michelle having a ball with her hens in Dubai

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All the news, none of the snooze

X Factor news

Fears for tiny Cheryl

Cheryl Fernandez-Versini faced a new wave of criticism from fans after she stepped out at the first day of The X Factor auditions in Manchester looking skinnier than ever in a tiny crop top and black trousers.

Fans described her look as 'worrying'. One commented: 'Looks like she has a serious eating disorder. The picture of her bony back is very revealing. Not a good role model for young girls.'

Another fan said: 'Such an alarming and irresponsible image. Nothing natural or normal about it. She looks anorexic. She's disappearing.' And another added: 'This actually makes me so angry. She knows she looks painfully thin, yet chooses to wear an outfit that would highlight it.'

It comes after Cheryl, 32, hit back at a fan who branded her a 'bag of bones' when photos emerged of her looking gaunt on holiday in Italy with husband Jean-Bernard. Cheryl wrote: 'I am so sick and tired of it being OK to call somebody too thin... You have no idea what I've been through, just losing my father-in-law v recently and everything that comes with that. But I'm so sick of people thinking it's OK to be mean or body shame anyone.'





Cheryl's ribs were clearly visible



The star says grief has taken its toll on her figure

Her outfit revealed a flash of her distinctive rose tattoo

Simon back to work

Simon Cowell put on a brave face as he returned to The X Factor three days after the death of his beloved mum Julie. The 55-year-old said he was 'devastated' and postponed auditions for two days. He Tweeted: 'My family lost someone very special on Sunday... I am overwhelmed with gratitude for all of the kind messages received.' Our thoughts are with you, Simon.

Friends like these

At 16, Brooklyn's life is already better than ours!

He may have the most famous parents in the world but 16-year-old Brooklyn Beckham is fast becoming a celebrity in his own right. He not only has a million Instagram followers, he also has an A-list friendship group that would leave anyone envious.

Brooklyn was spotted hanging out with Will Smith's kids Jaden and Willow at the New Look Wireless Festival – and was personally invited by rapper Drake to be side of stage for his performance. He also hung out with One Direction's Niall Horan and, er, Joey Essex.

To celebrate his 16th birthday, Kanye West sent the teen a pair of trainers that retail at nearly £1,000! And it's not just celebs – he even met famous physicist Stephen Hawking in May. Well jel!



Hanging with Jaden and Willow Smith



Niall and Brooklyn get huggy



Another pic, another T-shirt! With Joey

TOWIE tease

MEET NEWBIE VERITY

Verity Chapman has just joined TOWIE – but she's already made quite an impact, catching the eye of Peter Wicks, despite his previous interest in Jess Wright. Verity, 24, has also confessed to flirting with Danielle Armstrong's ex James 'Lockie' Lock.

The part-time model, who's been friends with co-star Vas J Morgan for 10 years, clearly has a thing for reality stars. She dated MIC's Spencer Matthews in 2013 during the Lucy Watson/Louise Thompson era. Watch out, fellas, we can sense drama!





Money troubles?

Bankrupt Ryan on fifth holiday of year

Corrie's Ryan Thomas may be bankrupt but he's been on five holidays already this year! The 31-year-old actor, who plays Jason Grimshaw in the soap, was declared bankrupt in 2013 after a string of bad investments and a £40,000 tax bill.

His first destination was a trip to Florida with daughter Scarlett, six, followed by a lads' holiday in Ibiza. Then it was off to Tenerife for Emmerdale pal Kelvin Fletcher's stag do, before he grabbed his wellies and headed to Glastonbury for a weekend of fun, and then headed to Northern Ireland for a £135-a-night walking holiday.

But pals have leapt to his defence, saying he's been doing £2,000-a-night personal appearances to help pay off his debts.

Words: Kelly Allen, Lucretia Munro, and Amy Lo.
Photos: Eamonn & James Clarke, PA, Rex

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SCANDAL-HIT POLITICIAN'S WIFE

KAREN DANC

'I was a size now I'm thin posing Playbo

Meet the woman at the centre of British politics' sexiest scandal for decades. Here, Karen Danczuk talks to Now



'I'm not ashamed of who I am'

Karen, outside her deli in Rochdale, has worked hard to lose 2st

She's been dubbed the 'worst wife in Westminster' but Karen Danczuk has had enough. Having gone from a frumpy size 16 to a size 10, she wants the world to understand why she posts those sexy selfies, why she's split from her Labour MP husband Simon and how she's lost an incredible 2st in just five months.

In the flesh, Karen's tanned and toned, with no inhibitions. 'I'm proud to show my body off,' she laughs. 'I've worked hard to look like this. I love my bum, my boobs, my arms, my legs – I look so much better now.'

Born and raised in Rochdale, Karen, 32, says she's still 'spinning' from the attention she's received over the past few weeks, particularly after she was accused of having an affair with hunky personal trainer Ben Bate after the breakdown of her three-year marriage to Simon, 48, the father of her sons Milton, seven, and Maurice, five.

'I absolutely don't want to have sex with Ben,' she says. 'Just because I'm a glamorous woman people feel they can say anything they want about me, but I'm not ashamed of who I am or what I've done. I transformed myself by losing weight and getting fit and I'm bloody proud of that.'

So why do you take all those sexy selfies?

I'm 32 – loads of girls from my generation pose for selfies. When I was bigger and fatter I still used to do it – now I'm slimmer they

ZUK

16...

king of

for

y'



'Queen of the selfie'

The MP's wife has 62.4k followers on Twitter, thanks to her pictures

get more attention. And, yes, there are a lot of shots of my boobs, but they're pretty big and impossible to keep out of the frame!

Why did you decide to reinvent yourself?

I've had very different periods in my life in terms of body image. I was sexually abused as a child [Karen claims she was abused by a family member, who's now been re-arrested] and a lot of that came out after I had my first child. I just covered up in black

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because I couldn't bear any attention. When I met Simon I was glamorous and then I don't know what happened. I was working as a councillor, running my own deli, making – and eating – everything and I just got bigger and bigger. Something had to stop.

What made you decide enough was enough?
Two things: as a councillor I was always out at functions. At one, someone took a photo of me and I looked frumpy and much older than my age. My arms were huge, spilling out of my dress. I was horrified. Then a few weeks later my son Milton asked me why I didn't look like other mummies at his school – why didn't I wear make-up and have my hair done. I felt ashamed. I'd just let myself go.

How did you lose the weight?
I went on a calorie-controlled diet. I didn't join any club – I just did it myself. I ate fish, chicken, salads and veg. I cut down on carbs and the weight just fell away. I was losing a steady 2lb a week. After a couple of months I wanted to be fit and toned, so I contacted Ben. He pushed me further than I ever thought possible. If you exercise regularly you have no need to deny yourself all the time, which is great for me because I love the occasional pie or treat.

I now work out three times a week. Ben worked me so hard I'd be crawling home, but my body started looking amazing. Now, because people think we're having an affair, it's hard to exercise because we're surrounded by paparazzi.

Is it true that Ben spent a night at your house?
Ben's going through a separation, as am I – it doesn't mean anything's going on, but it does mean we can relate to each other. He did come round to mine and we were talking into the early hours. Nothing happened between us.

How did your husband react to your new sexy body?
Simon always thought I looked good. Whenever I went to Westminster people always said: 'Here comes Karen – now the glamour's arrived.'


Karen credits trainer Ben with helping her to look 'amazing'


With Simon during this year's election campaign

> 'I have been offered porn'

As an MP, didn't Simon get embarrassed by your selfies?
Simon was never embarrassed by me. He loved the fact I was glamorous, but had brains, too. I could never be nice and quiet like most politicians' wives, but that was what he loved about me. We encouraged each other. He would never have got to his position without me being there for him – he moved to London when our second son was just six weeks old. Not many wives would be happy with that.

So why did you split?
Because we spent five years living in different parts of the country. I'm at home with the boys in Rochdale, he's in London in Parliament. We became ships that passed in the night. But we still talk nearly every day.

So could you get back together?
I'd never say never. It's a possibility, but neither of us knows what the future holds.

Have you been on any dates?
No [laughs]. I've only been separated a week. I'm not thinking about going on dates. I'm thinking about my two boys.

Have you been offered porn or Playboy? Would you do either?
I have been offered porn, but I wouldn't do that. I haven't been offered Playboy, but if I was I'd have to think hard about it. What woman could refuse Playboy? I've also had a lot of offers to do TV and radio, even my own chat show. But I've no interest in becoming a celebrity. I'm very much a Rochdale girl.

You said Amal Clooney should have tea and cake with you because she's too thin. Which other celeb bodies worry you?
I think Amal is too thin and Miley Cyrus also needs a bit of cake. I'm all for girls with a bit of meat on their bones – it's much more sexy. Nigella Lawson is super-sexy. I love Kim Kardashian and Kimberley Walsh has a stunning figure.

Do you want to lose any more weight?
I'm really happy with how I look now. I'm a healthy size 10. I've gone from a size 16 person who was embarrassed to show her arms to a woman who can proudly wear a bikini. I'm very happy.



Words: Louise Gannon. Art direction: Karen Eckert. Hair and make-up: Claire Ray at Carol Hayes. Photos: Vincenmt Dolman



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Charlotte Crosby: 'My secret cancer scare'

Geordie Shore's Charlotte lifts the lid on some of the struggles she's faced


Charlotte has appeared in 10 seasons of Geordie Shore

We've seen every inch of her on our TV screens in Geordie Shore, but it turns out there's a lot we never knew about Charlotte Crosby. Here, Charlotte, 25, talks exclusively about her new autobiography Me Me Me...

Hi Charlotte! How are things with your man Mitch Jenkins? You say in the book you were hoping to have bought a house by now...

We've had to put it on hold because I'm too busy at the minute. There's no trouble and we're stronger than ever – it's just not the time to be juggling my work with looking for houses.

What does he think of your 'three-year rule' to propose?

I never really told him about that to be honest and I don't think he'll ever read the book. But if that's true, he'd have to propose to us next year.

Do you think he will?!

No, I don't think he's got it in him! All the wedding ideas I have in the book are very one-sided – it's all me.

One of the most emotional moments in the book is when you found out your friend Loose Women's Carol McGiffin had breast cancer...

I love Carol and it was a massive shock. Massive. It did prompt me to check myself more. I always worry about this and I've had numerous trips back and forth to the clinic over the years. I'm really quite sensible like that.

'WHEN I WAS 18 I FOUND A LUMP'

Have you ever had a cancer scare, then?

I have, yeah. When I was 18, I found a lump in my boob and went straight to the doctors with my mum. They sent me to the hospital for some tests and it turned out it was just an extra milk duct in my breast – but I do regularly check now.

When you talk about your teenage years, you mention a 'violent ex' – what happened?

I was 17 at the time and we were together for a year and half. He'd cheat on me a lot and, one time, he pushed me. He was never violent in terms of hitting me, but it made me realise the relationship needed to end. I don't know how far he would have taken it. I never really trusted anybody after that.

To anybody going through something similar, I'd say you have to talk to people you're close to who can help you through it. You can't keep it inside.

How did it make you feel when you've been criticised over Geordie Shore's raunchy nature?

Uncomfortable and intimidated. Louis Walsh was the worst when he said that one of his X Factor contestants 'had a shag sorted for the evening' because I was in the studio. He's just a stupid grandad saying stupid grandad jokes that aren't funny. If I ever see him again, I'll ignore him. He's a prick.


Mitch, 26, jokingly announced their engagement on Instagram in March


On Celebrity Big Brother with Carol McGiffin

Charlotte Crosby's book Me Me Me (£8.49, Headline) is out on 16 July

Words: Joshua Fox. Photos: Vincent Dolman


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Instapix of the week

Fun, filtered and far too revealing – the lives of the stars on social media



EVA LONGORIA
Fit 'n' 40 Eva jumps for joy in Marbella with CSI: Miami actress Eva LaRue.



PIXIE LOTT
The 4th July isn't just celebrated by Americans. Pixie went all stars and stripes as she tucked into a big ol' cheeseburger with Jessica Lowndes.



SAM FAIERS
Sam Cannes it with ex-CBB pals Luisa Zissman and Casey Batchelor and stylist Laurie Hadleigh.

Words: Amy Lo



ZAC EFRON
It's buy one get one free in this family – Zac's 'lil brother Dylan is as hot as he is!



JUSTIN BIEBER
When Biebs captioned this pic: 'Look', we don't know if he meant the shore, sea or his bum.



FERGIE
Fergs got behind Team USA as they won the women's footy World Cup by, er, showing off her behind.

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The hottest news from over there is in here

Hollywood Now

Tom Cruise COULD QUIT SCIENTOLOGY



He wants to spend more time with his daughter

He's as famous for Scientology as he is for Top Gun. But Now has learnt that after 30 years, Tom Cruise could be set to cut his ties with Scientology. Sources claim Tom, 53, is considering quitting the controversial religion because it's affecting his relationship with his daughter Suri, nine. 'Suri was talking about her ballet class and Tom realised he's never seen her perform. He started to tear up,' claimed a source. 'It hit him that she's growing up and he's not there to witness most of it.'

Many believe it was Tom's association with Scientology that led to the breakdown of his marriages to Mimi Rogers, Nicole Kidman and Suri's mum Katie Holmes. 'The buzz in Tom's camp is he's finally ready to say goodbye,' claimed a source.



RUMER HAS IT...

Watch out, Kardashians – Rumer Willis and her sisters could be set for their own reality TV show. After her successful appearance on Dancing With The Stars, the 26-year-old daughter of Demi Moore and Bruce Willis has reportedly caught the reality TV bug.

A source claims Rumer and her sisters Scout, 23, and Tallulah, 21, 'don't want to live off their parents' success. They want to prove they have what it takes in their own right.' Does this mean that Bruce will be making a cameo?







Britney revenge pic backfires

Since her recent split with Charlie Ebersol, 32, Britney Spears has tried to show she's happy to dip her toe back into the singles pond. But the 33-year-old's attempts to make her ex jealous went a bit wrong.

Brit posted this pic with boat owner Harris Beall, from her home state of Louisiana, with the caption: 'So nice to be home! Nothing like Lousiana boys!' hinting at a possible new love interest. But Harris blew it by telling reporters he'd never met her before and that she approached *him* for the photo. Totes embaz!

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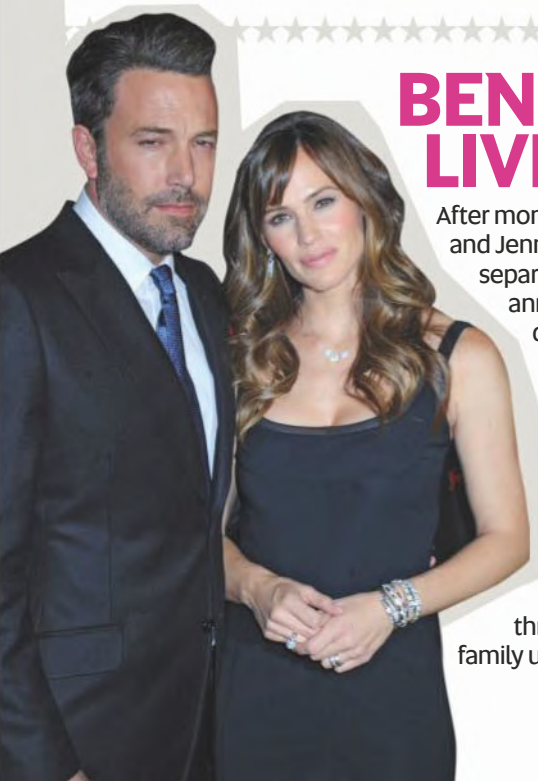


Taylor & Calvin COOKING UP A TREAT!

Lucky Taylor Swift – it seems loved-up Calvin Harris just can't enough of his new girlfriend. The DJ took to Instagram to post his first picture of the 25-year-old singer looking carefree in hotpants as she cooked up a feast for him on the barbecue. Calvin, 31, cheekily captioned the snap: 'She cooks, too.'

The couple have now been dubbed celebland's hottest new power couple, stealing the crown from Beyoncé and Jay-Z. It's hardly surprising as Calvin – who previously dated singer Rita Ora – was ranked Forbes magazine's highest paid DJ, even raking in more than David Guetta over the past year. We're not jealous, Tay, honest.

Words: Amy Lo. Photos: PA



BEN & JEN STILL LIVE TOGETHER

After months of speculation, Ben Affleck, 42, and Jennifer Garner, 43, announced their separation a day after their 10th wedding anniversary. But despite their decision to divorce, they're reportedly still living together. A source told an American magazine: 'Ben's making a section of the house into his private area complete with his own bedroom.'

The pair revealed in their split statement that they're going forward with 'a commitment to co-parenting our children' – Violet, nine, Seraphina, six, and Samuel, three. So is this Ben's bid to keep the family unit together?

5 Second Stories



Rihanna backlash

Rihanna, 27, has never exactly been shy, but the video for her latest track Bitch Better Have My Money has proved her most shocking move to date. With kidnapping, full-frontal nudity, bloodbaths and extreme violence, she's faced a major backlash over the need for it all.

Mariah's lift fear



Superstar diva Mariah Carey famously 'doesn't do' stairs – but in a recent interview she confessed she doesn't do lifts either! 'I have an extreme aversion to overhead lighting. In my opinion, elevator lighting is toxic,' the 45-year-old revealed.

Channing's magic photos



Channing Tatum's revealed an unlikely addiction: to arty website Pinterest. The 35-year-old actor confessed: 'I love Pinterest. Swear to God. Just to not think about all the shit I have to do or what's going wrong, I just go and look at Pinterest.' Now that's one Pinboard we'd love to check out...

KIMBERLEY WALSH



'I've been broody since I was 15'

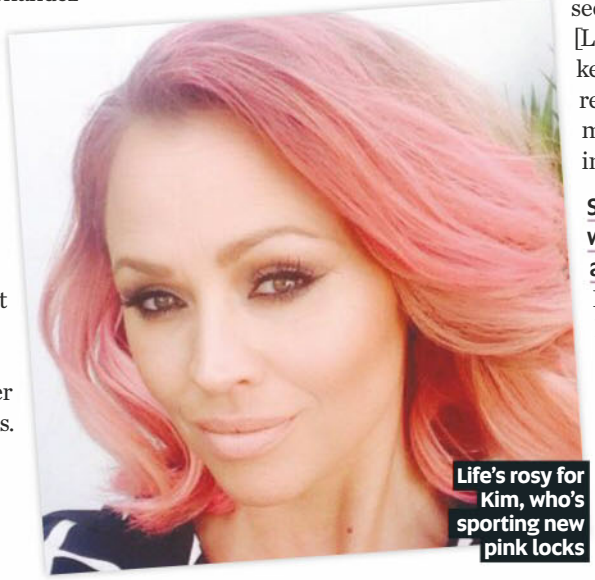
Pink hair and Cheryl as her BFF – Kimberley isn't your average mum. Here, she talks to Now about how her life's changed since having baby Bobby

She gave birth nine months ago to her first child, son Bobby, with her partner of more than 10 years Justin Scott, 32, and since then life's been completely different for former Girls Aloud singer Kimberley Walsh. Nowadays it's all about dirty nappies and nights in front of the TV watching her best friend Cheryl Fernandez-Versini on The X Factor rather than hitting the dancefloor at star-studded showbiz parties – but Kimberley's loving every moment.

'I definitely want more children. I won't put a number on it, but we just want to make the family bigger and bigger,' she tells us. Here, Kimberley, 33, who's also stepmum to Justin's daughter Chloe, 16, reveals all about family life, why BFF Cheryl *won't* be babysitting and her thoughts on the new X Factor judging panel...

Kimberley, your new hair colour looks amazing!

Aw, thanks – it's a nice change. You'd never think you could do the old pink, but actually, yeah, it turned out alright.



Life's rosy for Kim, who's sporting new pink locks

What made you want to go pink?

I had a moment of inspiration and thought: 'Maybe I'll just try it.' So we gave it a go and it turned out really well. I think I'm going to stick with it for a little while. I'll see how it goes!

Is it permanent?

No, it'll wash out so I can either keep topping it up or let it fade away. So we'll see what happens. [Laughs] If I don't keep it up, the main reason would be the maintenance involved.

'Bobby's on the move now!'

Summer's finally arrived, so what's your favourite thing about this time of year?

I love to sit in the garden having a chat or just pottering around outdoors with Bobby.

Have you had a first family holiday together yet?

Yeah, we went to Antigua at the beginning of the year, when Bobby was four months old. He couldn't get involved with much, but the next one will be different because he's on the move now so that might not be quite as relaxing! I'm looking forward to being able to play in the sand with him and take him in the pool.

How has your life changed since you became a mum?

It changes everything really because your whole life is about looking after one person. Everything else that you'd normally do comes second to that. I think I've adjusted really well. I love it!

Has being a mum changed you personally?

I don't think it's changed me in a huge way. I think it's kind of broken me down a little bit. I was a little bit tougher and it's softened me a little bit. Maybe I'm a little bit more emotional.

TURN FOR MORE



Kimberley shared this sweet selfie with Bobby in May

'I'm more emotional now I'm a mum'



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'I wanted to wait 'til after the band to have kids'

With her former bandmates Sarah Harding, Nadine Coyle, Cheryl and Nicola Roberts

That's what happens – they break you down because you love them so much. It can kind of bring that out of you.

What does becoming a mum mean to you?

I just can't imagine life without Bobby. Justin says that to me a lot – he's like: 'I don't know what we did when he wasn't here.' It's like everything you do is about them. I've always been a family person – I come from a big family myself. My brothers, sisters and I spend a lot of time together and we're really close. It's nice that I've got Bobby and two nephews who all like to play together. So they've got each other and we just want to keep making the family bigger and bigger!

'Cheryl & Rita Ora get on well'

How many children would you like, do you think?

I'm not going to put a number on it now – when you're young you say you want this and you want that, but you've kind of got to let life take its course and see how it turns out. But I do definitely want more.

You're in your early thirties now – did you ever feel pressured to have children earlier?

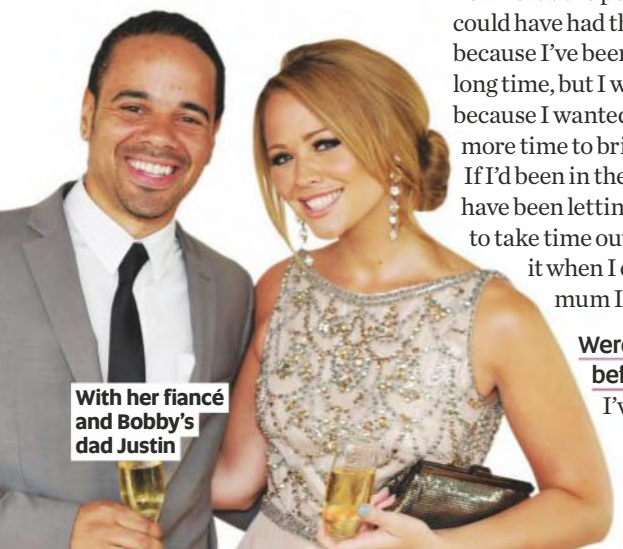
No, it's a personal thing. You know yourself when it's the right time. It is not something you should force on someone just because society says you should. It should be a natural thing that two people want to do and you just do it.

Are you pleased that you had a child at this time in your life?

For me it's the perfect time. I could have had them a lot earlier because I've been with Justin a long time, but I waited until now because I wanted to dedicate more time to bringing them up. If I'd been in the band I would have been letting people down to take time out, so I chose to do it when I could be the best mum I could be.

Were you broody before now?

I've always been broody. I was broody when I was 15! I was lucky because I had nephews and I could enjoy looking after them then handing them back.



With her fiancé and Bobby's dad Justin



Kimberley and BFF Cheryl in May

Your best friend Cheryl has started filming for the next series of The X Factor panel. Has she babysat for you?

I think all hopes of babysitting have gone now that she's back on The X Factor! She's been able to come and see Bobby a lot recently, which is nice. Then we'll have to go down to hers when she starts on the show because I know how hectic she is. Last year she was like: 'Come and see me!' I was like: 'I'm too tired and pregnant – it's not going to happen.' I didn't even make it to the show [laughs].

Do you think Nick Grimshaw and Rita Ora will make good judges?

Obviously we know what to expect with Rita because we've seen her on The Voice. I think it's great that she and Cheryl are different characters but they get along well. And I'm quite excited about Nick because it's a different angle – coming from radio and bringing a non-performer's perspective is a totally new thing.

Are you friends with Nick?

I've met him a few times and worked with him over the years. I really like him and find him warm, easy to get on with, funny and witty. Hopefully, that's what we'll see of him and the public will fall in love with him.

He's faced a lot of criticism, though – is that unfair?

He's a bit like Marmite – people love or hate him. Maybe they're not giving him a chance because they haven't seen him on TV much. I think he'll be a good judge.

Kimberley's unveiling a secret garden in London's Covent Garden on 16 July to launch the new Comfort Intense range. To find out more, visit comfortintense.com

Words: Amy Brookbanks. Photos: PA

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Aston Merrygold

‘Marriage? I don’t want to jump the gun’

The singer on settling down, crazy fans and dream duets





Aston and Sarah on a night out in London last year

Former JLS heartthrob Aston Merrygold is going it alone – he’s left his boy band days behind and this week releases his debut solo single Get Stupid. Now caught up with the cheeky singer, 27, to talk future plans and all things X Factor...

Hi Aston! What’s it like working without your JLS bandmates?
It’s obviously really different, but it’s good. Change is always good. I get to do everything I did with the band again and relive it.

Do you still see them much?
People assume that because we don’t speak on Twitter we don’t talk any more. Literally, they were all at mine the other night!

Ooh, boys’ night in?
No, it was a couples’ evening. We never used to sit and just take in what we did, but now we’re like: ‘Holy shit, we actually did loads of stuff and it lasted for ages.’

Is there any rivalry now?
Not really, but we’re all pretty competitive so I’m sure if we all released music on the same day we’d all be like: ‘I want to win this.’ But we’d just turn it into a banter-fest!

‘FANS KNOCK ON MY DOOR’

Do you still get crazy fans?
They know where I live – fans knock on my door all the time. They like to write on stones and leave them where my gate is.

Not undies, then?
I do get that, but only on stage!

You’ve been with your girlfriend Sarah Richards, 31, for a while now. Could we be hearing wedding bells?
I don’t like to jump the gun. We’re really good now so you don’t want to force anything. She’s a dancer so she tours as well – I only end up seeing her a few times a week.

Does seeing Marvin and Rochelle Humes with their two-year-old Alaia-Mai make you feel broody?
Not broody – it makes me proud. She’s a gorgeous little girl – so bubbly.

Would you like kids, too?
I dunno. It’s nice that I can be an uncle to these lovely kids, then be like: ‘Here you go, take them back!’

What do you think of the new X Factor judging panel?
I’m pro! Rita Ora does everything – films, endorsements. She’s worldwide. And Nick Grimshaw’s on one of the biggest radio shows.

Which star would you most love to work with?
Beyoncè would be incredible – she’s a powerhouse, so it would be interesting to go for it vocally with someone who’s just on a whole other wave of amazing.

Get Stupid is out on 17 July. Aston’s album Show Stopper will be out in October



He still sees the JLS boys Marvin Humes, JB Gill and Oritsé Williams

Say what?

What would you say is your most overused phrase?
I’ll go for the clean one! Probably ‘like’ – I say that all the time.

What did you have for dinner last night?
Pizza. Don’t judge me, but it was actually a tuna pizza.

Do you sing in the shower?
Yeah [laughs]. I make up a whole load of shit!

What’s the worst date you’ve ever been on?
One where I forgot her name. I was cool, though. I was just like: ‘Yeah, babe.’

Words: Lucy Gornall. Photos: PA, Xposure

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11 Things you didn't know about Paul Rudd

'I dated Jennifer Aniston'



The Ant-Man actor's one of Hollywood's most likeable stars

He's a dab hand at DJing

Paul, 46, isn't just a fab actor. While he studied acting at the University of Kansas he was also a regular behind the decks, playing hits and MCing at Jewish Bar Mitzvahs. You can check out a video of him doing his thing in 1992 at vimeo.com/13856676.

Paul's a nice guy

Remember how loveable he was when he played Phoebe's husband Mike Hannigan in Friends? Well, turns out he's actually that delightful in real life, too. US magazine Entertainment Weekly even awarded Paul the title of The Most Loveable Movie Star On The Planet. That's not bad going!

His surname hasn't always been 'Rudd'

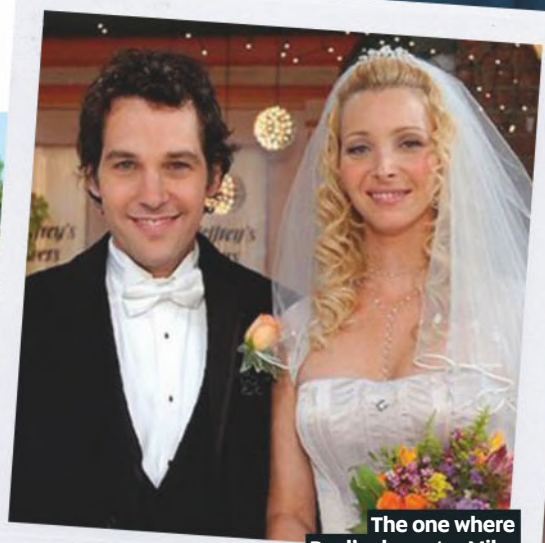
Paul was born into a Jewish family whose surname was Rudnitzky. His grandad shortened it to Rudd.

The star's stayed grounded

He might be friends with



Paul and Jen in 2012's Wanderlust



The one where Paul's character Mike married Phoebe (Lisa Kudrow) in Friends

TURN FOR MORE

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some of Hollywood's finest – Amy Poehler and Jason Segel included – but his closest mates are his childhood chums. Actor Jon Hamm is Paul's high-school BFF and the pair are just as close now as they were back then. Cute!

Jennifer Aniston was once his girlfriend

Paul dated Jen – his co-star in Friends, The Object Of My Affection and Wanderlust – in 1998. In 2011, Jen revealed the famous pair were together 'when we were, like, 12'.



Paul starred with Alicia Silverstone in 1995's Clueless

Paul's a bit British

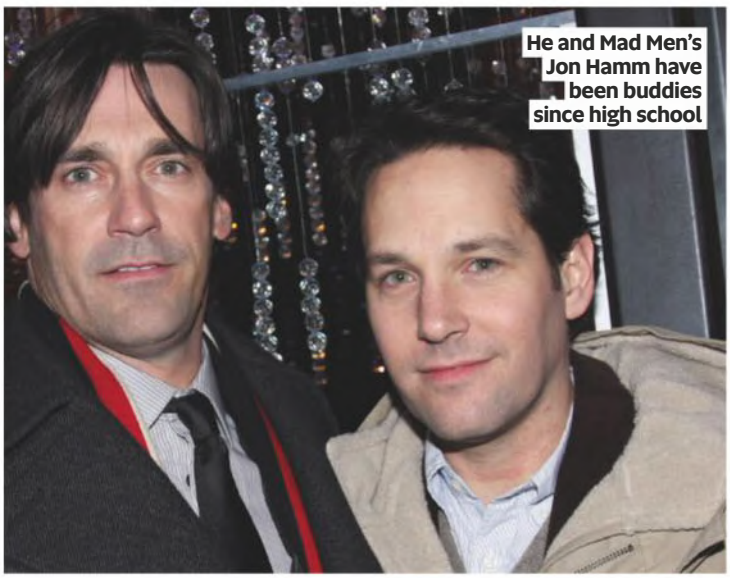
He loves England – and, well, who can blame him? Both his parents are from the UK, so Paul's admitted to feeling a close bond with our country and recalls British 'candy' and tea as some of his earliest memories. 'That counts for something when you're a kid,' he said. Paul also studied drama at Oxford for a full term. 'I loved that,' he said. 'I associate a lot of happiness with spending time over there and working on scenes or plays that were very English.'



Give him a game to watch and he's happy

'He's very sweet'

Paul 's been married to Julie Yaeger since 2003 and the pair have two children – son Jack, nine, and daughter Darby, five. Actress Elizabeth Banks, who's worked with Paul in five films, sang his praises, describing him as handsome, decent and funny. 'He's very sweet. You don't see him ass-kicking left, right and centre, but that's very endearing to women – especially as we get older and want to see men who can be caretakers,' she said. We couldn't agree more!



He and Mad Men's Jon Hamm have been buddies since high school

Total wordsmith

He's a geek at heart. The actor admits that he spends much of his spare time playing the multiplayer puzzle game Words With Friends on his phone. But he does love to watch sport, too.



He's been married to wife Julie since 2003

He's a man's man

Although we might only ever see him looking pretty and preened, Paul isn't always so immaculate. In fact, when he isn't filming he's a bit lax on his grooming habits. 'I won't shave, cut my hair or exercise. I turn into [bearded baseball pitcher] Brian Wilson – the off years. I grow my fingernails out like that guy in the Guinness Book Of World Records,' he admits. Lovely.



He loves doing puzzles

Mr Moneybags

Paul's worth a small fortune. He has a net worth of over £15.7 million thanks to his countless roles as an actor, screenwriter, producer and comedian.

Warning: this guy has a VERY healthy snack habit

While filming 200 Cigarettes with Ben Affleck and Kate Hudson in 1999, Paul earned the nickname 'Ruddish' thanks to his constant obsession with munching on radishes. Nice!

Ant-Man is at cinemas on 17 July

Words: Lucy Connell. Photos: Getty, PA Photos



'My tanni addictio nearly killed m

A face covered in red scars and burns – that was the selfie uploaded by former tanning addict Tawny Willoughby that shocked the world this year. The photo, which has been shared more than 69,000 times on Facebook, shows Tawny's beautiful face as it undergoes intense treatment to rid her of the deadly disease, which she was diagnosed with at just 21. 'If anyone needs a little motivation to not lay on a tanning bed or in the sun, here ya go,' wrote US-based Tawny, now 27, alongside her photo.

TRYING TO FIT IN

Tawny, who works as nurse in Alabama and has no family history of skin cancer, posted the shocking pic as a stark warning about the dangers of tanning. 'When I walk past girls sunbathing on the beach, I just want to say: "Stop it! You're killing yourself,"' Tawny tells Now. 'But it does make me sad that I have to be so on guard now.'

The married mum of one began using sunbeds at just 15 – her family actually bought their own – and was often tanning four or five times a week. 'In the summer I'd mostly be in the sun, but if I wasn't able to lay outside I'd go on the tanning bed. I couldn't go three days without tanning,' says naturally pale Tawny.

'I was trying to fit in – all the popular girls were tanned and I got more male attention when I had a tan. My sisters were always darker than me so it was a competitive thing.'

THE CANCER SHOCK

Her addiction came to a dramatic end when she was told she had skin cancer six years ago. 'My diagnosis came from a spot that I'd worried about for 12 months,' says Tawny. 'Obviously, I was very emotional when I was first told. It was overwhelming because you think it can't happen to you. Since my initial diagnosis I've had five more skin cancers – basal cell carcinoma and squamous cell carcinoma, the two most common types of non-melanoma skin cancer.'

'I HAVE TO BE SO ON GUARD NOW'

Now, whenever Tawny notices a suspect mark, she sees her doctor. 'My cancers are usually like moles,' she explains. 'But twice it was a sore that hasn't healed or a red spot that starts bleeding and crusts. The main thing is it never goes away – it looks like it's going to heal, then it comes back and starts bleeding again.

'They'll do a biopsy and send it off to test it. Then they ring you with the result. I go to the dermatologist every six to 12 months and probably have an area of skin cancer removed each time – I cried the first time.'

FEARS FOR THE FUTURE

Tawny, who occasionally uses fake tan, has had to undergo a total lifestyle change. She regularly checks her 31-year-old husband Cody's skin and has already taught their two-year-old son Kayden the importance of sun protection. 'We try not to do beach vacations any more, but in the sunshine we wear sun shirts so I can be in the pool and not worry so much about my back and shoulders,' she says. 'I make sure Kayden wears at least SPF30 every day. He understands we have to put on sun cream.'

Tawny even fears she won't live to see her son grow up. 'I constantly worry about cancer and it's likely I'll have more,' she says. 'My skin reacts quickly and it grows pretty fast. My biggest fear is melanoma, which can spread to other organs. I don't want skin cancer to kill me. I'm scared every day.'

A POSITIVE MESSAGE

Tawny believes it's celebrities who've increased the 'bronzed is best' mentality. 'Actresses,


Staying sun-safe with husband Cody and son Kayden


TAWNY NOW
Naturally fair Tawny stays out of the sun now

ng on e'

After years of baking in the sun, Tawny Willoughby developed skin cancer at just 21 – and warns you could be in danger, too



singers and models are usually all tanned,' she says. 'But they're sprayed and bronzed so they're probably not even damaging their skin – then we go and damage our skin to look like them.' And Tawny has a stark warning for UK stars like Katie Price, who once admitted: 'I cane my body like it's leather. I don't even use the goggles.'

'If you're aware of the dangers and choose to do that to yourself, that's fine, but just realise the influence you have on young girls,' Tawny says. 'I hope Katie's aware and knows that the damage can take years to surface.

'It doesn't matter if you're 10 or 55 – you can still get skin cancer. So anything you're worried about, any suspicious mark, get it checked at the doctors to put your mind at ease. There's no reason to put it off.'

Today, Tawny's skin is marked with scars, but instead of hiding them she uses them to educate others. 'I don't try to hide my scars, but I do cover them and apply lots of sunscreen when I'm in the sun,' she says. 'I have had people ask me about the cancer scars – it's a great way to start the conversation about sun safety.'

Stay sun safe

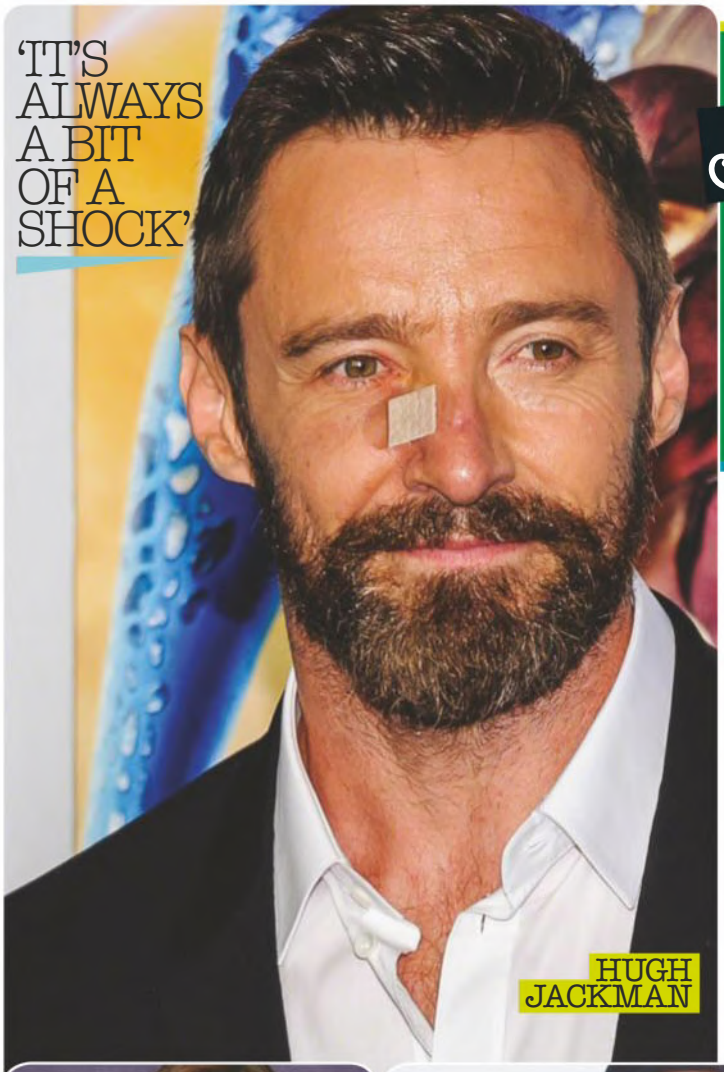
- Use sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the better. You'll still get a tan.
- Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays. The higher the number of stars, the greater the protection.
- Make sure your sunscreen hasn't gone past its expiry date. Most have a shelf life of around two to three years.
- Avoid the sun at lunchtimes – try to stay in the shade between 11am and 3pm.
- Always apply more sunscreen after going swimming or playing sport. Even 'waterproof' sunscreens should be reapplied after going in the water.
- If you have lots of moles or freckles, you're more at risk of skin cancer, so you need to take extra care.
- Avoid getting sunburnt. Always keep an eye out for changes to your skin and report anything you're feeling worried about to your doctor.

Now SMART GIRLS FAKE IT with SOLAIT exclusively at Superdrug

Words: Lucy Gomall

TURN FOR MORE ADVICE ON STAYING SUN SAFE

HUGH JACKMAN *I've FOUR skin c in 18 months*



HUGH JACKMAN

It certainly took **Hugh Jackman** by surprise when he discovered that the mark on his nose, which he thought had come about after filming a fight scene, was in fact skin cancer. 'I was filming X Men: Days Of Future Past and my make-up artist said: "You've got a little spot of blood on your nose," and I said: "Yeah, I know it was from a fight sequence. I knocked it somehow,"' he revealed.

It was only after his wife Deborra-Lee Furness persuaded him to see a doctor that Hugh, 46, discovered the truth. 'It's always a bit of a shock just hearing the word "cancer". Being an Australian, it's a very common thing. I never wore sunscreen growing up so I was a prime candidate,' admitted Hugh, who's now keen to raise awareness of the dangers of sun exposure after having four skin cancers removed in just 18 months – three from his nose and one from his shoulder. 'I go every three months for check-ups – it's the new normal for me.'

Actress **Brooke Shields** came to regret the years she spent laying out in the sun after discovering a pre-cancerous spot on her face. 'I was scared,' confessed the 50-year-old, who stopped tanning more than 10 years ago. 'You think that because you're not in the sun any more it's all in the past. And then something like that crops up and you're made aware of how dangerous it really can be.' Brooke ensures that she keeps her children Rowan, 12, and Grier, nine, protected by slathering them in sun cream. 'I've got to get more vigilant about it,' she said.

Former Apprentice winner **Michelle Dewberry**, 35, became more sun-savvy after a spot on her nose turned out to be skin cancer. 'My brush with cancer didn't start with a mole, as most people imagine, but with an innocent-looking pimple,' she said. 'It came and went. Sometimes it was raised and sometimes it was just a red mark. I know now that this changeability is a classic sign of cancer. I was treated for basal cell carcinoma. It left me with a gaping hole on the side of my nose, which had to be reconstructed with plastic surgery, and there is a possibility the cancer may return.'

Ewan McGregor, 44, had


BROOKE SHIELDS



VINNIE & TANYA JONES

had ancers'

Celebs who've experienced skin cancer share their sun-savvy advice



MICHELLE DEWBERRY

several moles removed from his face and one below his right eye, which later proved to be cancerous. 'I went to see a specialist who thought they were better to be removed and he was correct,' he revealed.

Back in 2013, former footballer **Vinnie Jones**, 50, **and his wife Tanya**, 49, both battled skin cancer. While Tanya had had a number of growths removed since her twenties – thought to be a side effect of drugs she had to take after a heart transplant – Vinnie had a lump below the right eye that his doctor diagnosed as melanoma, the most deadly strain of skin cancer.

'I've faced the biggest and ugliest lads on the football field and been in some nasty brawls, but this is my toughest and scariest opponent yet,' confessed Vinnie, who revealed that the first thought that crossed his mind was: 'How long have I got?' Thankfully, in 2014 he was given the all-clear.

Girls Aloud's **Sarah Harding** discovered a suspicious mole on her leg in 2012, but while it didn't turn out be cancerous, the singer, 33, became very aware about the dangers of sunbathing and now 'always' uses a high-factor suntan lotion. 'I went to a skin specialist and she said it was better to be safe than sorry so it was removed,' said Sarah. 'I tend to put more fake tan on my face now. And I'd much rather sit in the shade and read a book on holiday.'

Actress **Emilia Fox**, 40, booked a check-up for a suspect mole on her shoulder in 2010. 'It was just a precautionary move but still a big concern,' she said. 'So when the results showed it wasn't cancerous, it was a huge relief.'



'BETTER TO BE SAFE THAN SORRY'

SARAH HARDING



EMILIA FOX



EWAN McGREGOR

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Not feeling this season's neon trainer trend? Victoria's range of pretty plims are the girly alternative – the flirty florals get us thinking of looong summer days that are all about drinking Pimm's and sunning ourselves in the park. Providing the weather holds out, obvs.



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Following in the fashiony footsteps of Beyoncé and Lana Del Rey, Brit singer Foxes has been signed up to front H&M's next fash campaign. With bomber jackets, varsity sweatshirts, slogan T-shirts, miniskirts and wide-leg jeans, we can't work out what we're crushing on more – the collection or Foxes herself.

Words and styling: Hannah Eichler and Lydia Thompson

HER STYL

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Words and styling: Hannah Eichler, assisted by assisted by Bethan McInerney. Photos: Samantha Turner, assisted by Sheila Udeagu and Isobella Sullens. Hair and make-up: Caz Wren, using Kiehl's and MAC. Model: Liv Purvis

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Beauty fest

Fashion blogger Yasmine Chanel works summer's hot trends

'GOLD FEVER GIVES EXTRA GLITZ'

THE FACE

Gold tattoos are having such a moment that we're quite scared nail art is going to get a little bit fisticuffs! First found on our bods, they're now highlighting and contouring our faces in ways we didn't know were possible.



HERE'S HOW YOU DO IT

1 Buy yourself a sheet of gold scroll temporary tattoos. Choose which designs you want and cut them out from the sheet.

2 Make a face map on a table of the designs you want and where you want to put them. Don't be scared to mix and match to create your own sequence.

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THE HAIR

Braids, how we love thee! From thick fishtails to mini fringe plaits, we're all over a twist 'n' pull this summer. One new style we're really keen to try is this backwards parting plait. Looks tricky? It isn't!

HERE'S HOW YOU DO IT

1 Take a medium-sized section of hair along a centre parting and plait from the crown. Work towards your forehead so you finish at your hairline.

2 When you've reached the end, divide into two equal sections and secure the remaining hair to each side.

3 Pull hair into a bun à la Kate Bosworth or pin up the sides of your hair to really showcase the braid.



£12 PERCY & REED REASSURINGLY FIRM SESSION HOLD HAIRSPRAY

Spray your hair before you style for added texture



£22 BUMBLE AND BUMBLE PRET-A-POWDER

£3.99 NEW LOOK PURE COLOUR BLACK WATERPROOF INK EYELINER PEN



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'NAIL THIS NEW GEO ANGLE'



THE NAILS

The painting party ain't stopping anytime soon, with new ways to decorate your mani sprouting up from every cuticle corner. What's new now, you ask? Geometric mismatch, that's what! Whatever colour you like, whatever style, it's just got to be different on each nail – and straight-lined, so you can't be drunk when you apply!

HERE'S HOW YOU DO IT

1 Start with a neutral base such as natural pink or white, or a colour if you prefer.

2 Use a very thin paintbrush that you can dip into your polish for a really defined line. If that's too tricky, mark out your lines with masking tape, paint over, then peel off when dry.

3 Make sure you seal with a top coat – it gives your designs added gloss that makes them look well profesh!

£3.99 BARRY M NAIL EFFECTS FOIL NAIL PAINT POLISH

£2.99 NEW LOOK PURE COLOUR METALLIC NAIL POLISH IN BRONZE

£2.99 NEW LOOK PURE COLOUR NAIL POLISH IN BRIGHT BLUE

£10.50 NICOLE BY OPI NAIL POLISH IN THE GOLD SHOULDER

Bling it up with a touch of gold

With thanks to **New Look Wireless Festival.** Follow Yasmine Chanel: **Instagram** yasminechanel **Twitter** @yasminechanel

Words and styling: Lydia Thompson. Photos: Samantha Turner. Hair and make-up: Caz Wren. Nails by Maria at nuubly.com

THE PERFECT MATCH FOR SMOOTHNESS ON THE GO





Gillette® Venus® snap with Embrace

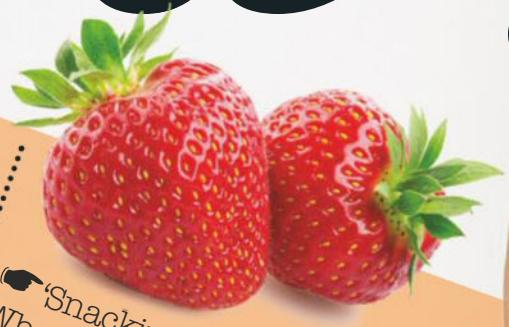
OUR FIRST EVER PORTABLE RAZOR





You & Improved

Health, heart, happiness – how to supersize your life



'Avoid ready meals. I rarely eat them,' says Emma. 'They're full of additives and a lot of core minerals and vitamins are removed in the process of refining the food.'

'Snacking is good! When your body goes into starvation mode, it releases cortisol, making you store fat. Just snack healthily.'

BODY beautiful

with Emma Willis

Follow the presenter's tips and tricks for total celeb fitspo

Emma's supporting Gillette Venus's Use Your And campaign, aimed at inspiring us women to use 'and' rather than 'or' to celebrate the many qualities that make us unique.

'My portable Venus Snap razor goes everywhere with me for smoothness on the go. You can take it anywhere. Whether I'm going to work, the gym or a festival, you'll always find it in my bag.'

£9.99
GILLETTE VENUS SNAP PORTABLE RAZOR

'I've had pigmentation on my face since my pregnancies, so on holiday I'll use a gradual face tanner to make sure my face matches my body.'

£11.99
BONDI SANDS EVERYDAY FACE GRADUAL TANNING MILK

'Keep moving! I love swimming, and when I was pregnant I did lots of pregnancy yoga – it's so fun,' says Emma.

TURN FOR MORE

Supermodel shopping list

A sneak peek at what Miranda Kerr munches on...

1. 'I drink warm water with lemon first thing. It kick-starts digestion and cleanses the body.'
2. 'I make a power smoothie every day. Blend coconut water, coconut milk, açaí powder, goji berries, spirulina, raw cacao, maca, chia seeds and rice protein powder.'
3. 'I've drunk noni juice since I was 12. It's great for your skin.'
4. 'I cook with organic coconut oil to reduce cholesterol and aid digestion.'
5. 'My snacks tend to be almonds, chia seeds and goji berries.'





NEW FITNESS CRAZE ALERT!

Barrecore, huh?

What is this mystical new craze?
A mix of ballet, yoga and Pilates.

What's it good for?
Lengthening and strengthening your bod, especially great for days when you're not doing cardio or weights as it prevents you from over-bulking your muscles.

How do I nail it?
Perfect your positioning. It's quality over quantity, meaning you should be able to feel every strong move.

Is it all on a bar – and do I have to be mega-flexi?
Nope! Floor, ball and yoga strap exercises all play a part and any level can give it a go – you don't have to be a prima ballerina.

What do I get from it?
A leaner-looking bod, better posture and more flexibility, strength and control. Plus it's fun, so you'll be a bit happier too!

3 ON TRIAL

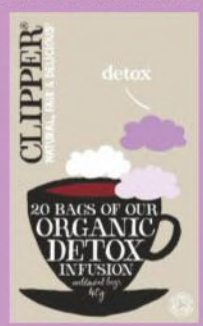
Detox tea

Health fad or actual weight-loss helper?



BooTea 28 Day Teatox, £19.99

Now says: 'Our tum felt flatter but the cramps and constant loo trips weren't really worth it.'



Clipper Organic Detox Infusion, £1.45

'We felt less bloated. It's good for after a meal or at night because it's really soothing.'



Teaguru Daytime Infusion, £12.95

'Tasted yum, gave us as much energy as a morning coffee *and* helped with digestion.'



£24
EMMA LOMAX
GYM SOS KIT

Your new workout wonder

This handy kit is gym bunny's dream. Just try not lose all the bits!



New Look's fab new fitness wear has got it going on!

Recharge your wardrobe



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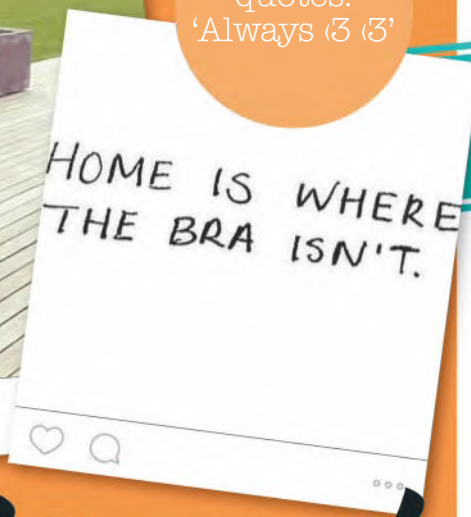


£24.99
NEW LOOK

Instacrush

Standout style: 'Had an amazing time in the Hamptons.'

True-dat quotes: 'Always <3 <3'





Cute pet pics: 'Darla's had a bit too much wine!'

Vanessa Hudgens, we heart your wardrobe, your life mantras – but mostly your pup!

Words: Lydia Thompson. Photos: PA, Shutterstock


NEW
NEW
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Light
GOODIES
Lemon
with meringue style pieces
LOW FAT
99kcal
or less
Light
GOODIES
Lemon
MMMM... DELICIOUS
AND 99 CALORIES

Oh.My.Bod.

Ex-Eternal singer **Kelle Bryan**, 40, shares her top-to-toe health secrets

'I hate not having nice boobs!'

HEIGHT: 5FT 4IN
WEIGHT: 8ST 11LB
SIZE: 8



How do you keep in such good shape?
I train three times a week with a combination of swimming, Pilates and cardio – each day's different.

How do you motivate yourself to work out?
My head's not right if I'm not training! It just keeps me happy and healthy and I love that feeling after a workout. I like feeling good in my clothes.

Has your body changed since becoming a mum?
After baby No 2 I was back in my jeans after a week but it was harder to tone up. You may be a size 8 but it's all wobbly and not very pretty. My boobs took a bashing with breast-feeding – I hate not having nice boobs!

Favourite body part?
Probably my arms – I've got Michelle Obama arms. They look like I play tennis every day, even though I don't!

What's your guilty food pleasure?
My husband [Jay Gudgeon] bakes an apple strudel with thick stodgy cream with alcohol in it – it's so good!

Kelle's a patron of the St Thomas' Lupus Trust – for more information, visit lupus.org.uk/

Words: Lucy Comall. Photos: Alex Huckle/Alpha, Shutterstock

KELLE'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast



Bran flakes with raisins and goat's milk. I'm intolerant of normal milk.
OLLIE SAYS: If you can't give up your breakfast cereal, bran flakes is the preferred option – it's high in fibre and low in sugar. Dietary fibre is essential for optimal gut health.

260 cals

Lunch



Macaroni pie with broccoli and carrots. I also love grilled kippers.
OLLIE SAYS: Macaroni pies, like most pies, are high in calories and low in fibre. But grilled kippers contain omega-3 fatty acids that'll protect your heart against disease and act as a brain booster.

387 cals

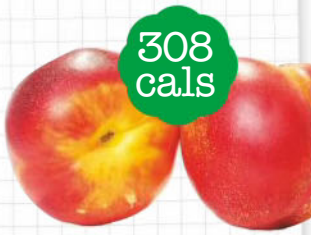
Dinner



Grilled or honey-glazed salmon with lemon and a salad with fruit, such as oranges or mango and grapes.
OLLIE SAYS: Salmon is high in vitamin B12, which will help protect you from illness and infection. Honey helps boost workouts and aid in recovery. It's high in calories, so 1tsp is enough.

641 cals

Snacks



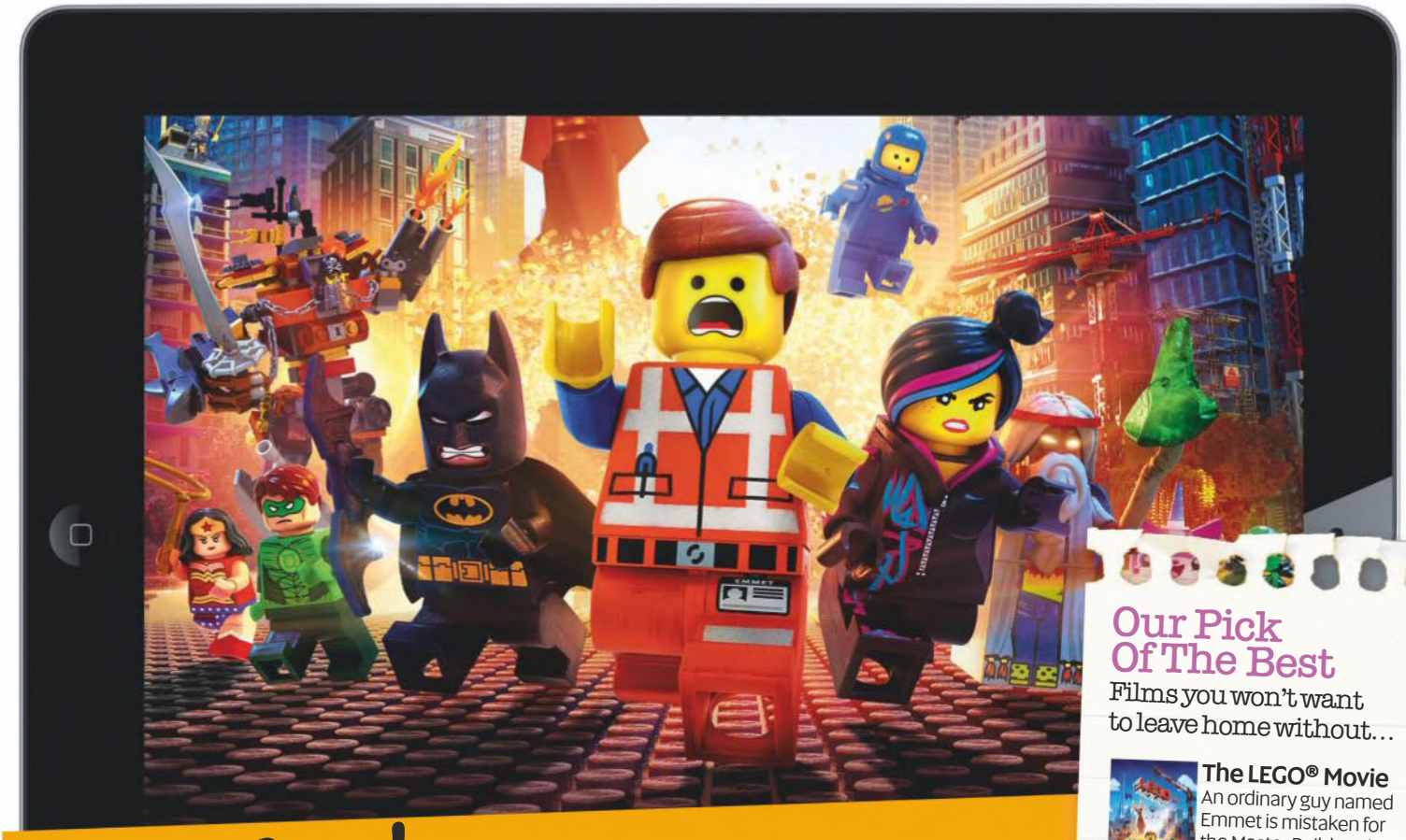
Bananas and nectarines. I love dried fruit like cranberries and macadamia nuts.
OLLIE SAYS: Fruit's low in calories and high in vitamins, minerals and carbs. Macadamias are the healthiest nut, high in omega-7, which controls appetite and helps you burn fat.

308 cals

TOTAL CALS 1,596 (GDA 2,000)

VERDICT Kelle's diet is high in carbs, which is great, especially as she leads an active lifestyle. However, it's lacking in protein, which would boost her recovery and fat loss. Kelle should vary her breakfasts and lunches by including sources of protein such as chicken, beef, eggs and yogurt to ensure she isn't missing out.

Follow Ollie on Twitter @Ollie_Frost



Perfect holiday companions

Let the kids enjoy fun and laughter all summer long by simply downloading all their favourite films to your mobile or tablet

Hooray for the summer break. No more early mornings and having to herd the kids off to school. Instead, you'll have fun enjoying more time together. Sometimes, though, keeping the little ones entertained means thinking ahead.

If you're heading off on holiday or for a family day trip, don't be caught out by the inevitable cries of 'I'm bored!'. Load up your tablet or mobile phone with a selection of this summer's best film releases.

There's a host of lovable characters and action-packed adventure for kids to enjoy courtesy of Warner Bros Entertainment. They're perfect for keeping children absorbed on long journeys, or for enjoying family time in your hotel room.

Downloading and watching digital films is so simple on http://blinkbox.me/wbsummer.

You can buy and own a film to watch any time, anywhere. Once purchased, it's there for you to download in My Movies and available to watch as soon as you've added it to your device. It really is that easy!

DIGITAL VIDEOS ARE SO EASY TO DOWNLOAD

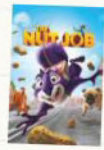
Digital downloads trump DVDs in lots of ways – you won't have any DVD cases taking up room in your suitcase or handbag and there's no danger of leaving behind your child's favourite film of the moment as your library can be stored on your device. Little hands can't scratch or ruin a digital download either!

Happy kids equal a more relaxing holiday for you, too, so line up lots of quality entertainment to keep your children entertained wherever you are. You really will wonder how you ever survived the holidays before!

Our Pick Of The Best

Films you won't want to leave home without...

The LEGO® Movie
An ordinary guy named Emmet is mistaken for the Master Builder who can save the universe. But can he defeat the evil tyrant Lord Business? This big hit is excellent fun for all the family!



The Nut Job
An exiled squirrel finds himself helping former friends raid a nut store to help them survive. Little do they know that the nut shop is actually a front for mobsters planning a bank robbery...



Yogi Bear
Mayor Brown is shutting down Jellystone Park and selling the land, leaving Yogi and Boo Boo homeless. Faced with his biggest challenge ever, can Yogi find a way to save the park?



Dolphin Tale 2
The extraordinary and moving true story of Winter, a dolphin with an injured tail, continues as the team of people who saved her life get together to find her a new companion.

Download Your Films Now

To download all you need to keep the kids entertained this summer, go to http://blinkbox.me/wbsummer

THE PERFECT HOLIDAY COMPANIONS

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Compiled by Kirsty Harlow

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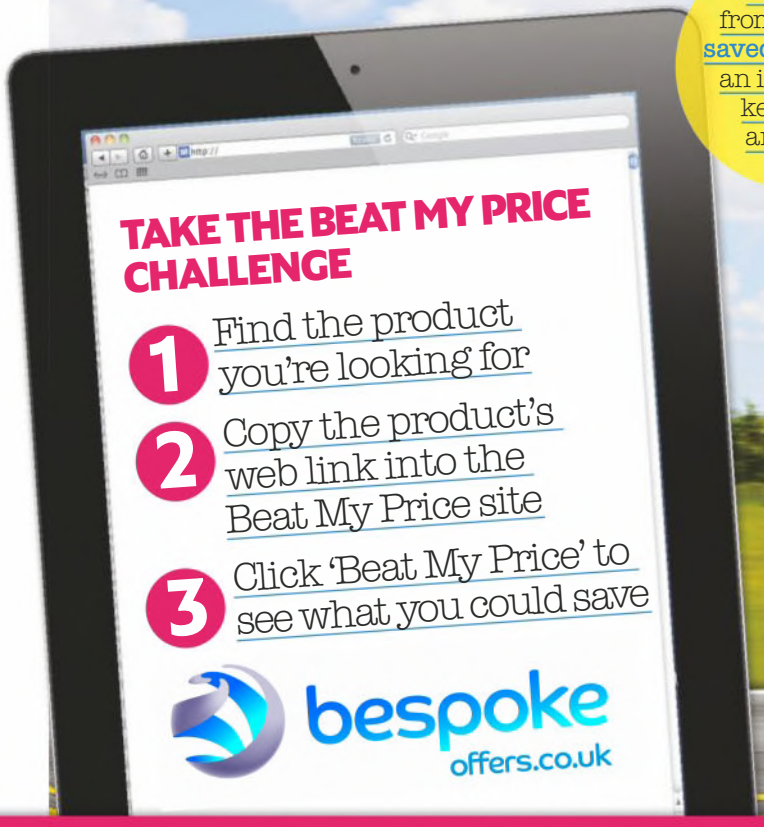




Photo: Shutterstock (posed by model)

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SATURDAY 18-FRIDAY 24 JULY

Scopes

You & Improved

Your week ahead with **David Wells**





PALOMA FAITH turns 34 on 21 July

IF IT'S YOUR BIRTHDAY THIS WEEK...

As you enjoy the last few weeks of Jupiter's reign in your money sky, Cancer, ask if you've done all you can to boost your earnings. Mars in your sign adds new options if you want to take them and with Saturn's couple of years in your work sky from September, your career's at an all-time high, if somewhat changeable. Love is intense – why have it any other way?

Photo: PA Photos

CANCER 21 Jun-22 Jul

Saying farewell to the Sun and Mercury leaves Mars unattended – maybe not a bad thing. You're now in full creative mode. So do your thing, impress and get the job you really want.

A partner makes a point. Call me.
UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

With Venus dipping out of your sign for a while, take a deep breath and think about what you want from your love life. Talk things over with mates who've been itching to be heard.

Call for more about a cash review.
UK: 0905 8171565* IRL: 1560 787905*

VIRGO 23 Aug-22 Sep

At last Venus is in your sign, boosting romance and showing folks how lovely you are. If you need to work the crowd, she's there. But it's a short visit so schmooze to get things done.

A deal is shelved – call me for more.
UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

A new group or social gathering brings fresh interests. Whether it's work or friendship, there may be big opportunities. Helping hands bring coincidences that lead to welcome destinations.

Call for more on love endings.
UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

You can't be in two places at once and although you'd like to take on everything on offer, you can't. The choice is a true passion fulfilled or a fancy title – choose wisely, Scorpio.

Fame often comes at a cost. Call me.
UK: 0905 8171568* IRL: 1560 787908*

SAGITTARIUS 23 Nov-21 Dec

You'll never help a friend realise what's going on just by talking to them. You need to show them who or what isn't what they appear. You may not be popular, but you are loyal.

Call for more on a career boost.
UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

With three out of 10 planets in your relationship sky, it's clear there are things you need to talk about. Pluto demands a frank conversation driven by you. Time to be the grown-up.

Call for more on shared finances.
UK: 0905 8171570* IRL: 1560 787910*

AQUARIUS 21 Jan-19 Feb

Sending a friend request is so modern – what if it gets lost? What if they don't see it – they hate you, don't they? No. Someone wants to see you face to face, not online.

Call me for more on work and love.
UK: 0905 8171571* IRL: 1560 787911*

PISCES 20 Feb-20 Mar

If you really do want to take up knitting or creative writing, now's the time to sign up. Hobbies may seem a little last-century, but who cares when it leads to love and friendship?

Work dramas clear the air. Call me.
UK: 0905 8171572* IRL: 1560 787912*

ARIES 21 Mar-20 Apr

After last week's dramas you'd hope things would get easier at home or with your family. They do – but not until you share that final bit of what you truly think, feel or want. Be honest.

New romance? Call to hear more.
UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

Venus may promise new romance, but get your flirt on fast as she's out by 1 August. Or maybe you're in full stay-at-home mode? Love or a comfy sofa: the choice is yours.

Call for more on family chats.
UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

When you're making the same old noises but not taking action, others will get bored – fact. You're asked to walk your talk, Gem, and this time take big bold steps and really mean it.

Call for more on money matters.
UK: 0905 8171563* IRL: 1560 787903*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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The Fix

What'll get your pulse racing this week

Small and MIGHTY



Ant-Man *At cinemas 17 July*
Paul Rudd as a *superhero*, you say? Actually, we think we're liking that. In this new Marvel flick Scott Lang (played by Paul) becomes Ant-Man – and it's very funny. It means he puts on a special suit and shrinks to ant size, but also has incredible strength like an ant. And of course it's all to save the world. Michael Douglas co-stars as Scott's mentor Dr Hank Pym, while Evangeline Lilly plays fiery Hope van Dyne, teaching Scott all the martial arts he needs to know (plus she has a killer bob that we quite fancy copying).

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A quickie with...

ONLY THE YOUNG

We catch up with last year's X Factor finalists Charlie George, 17, Parisa Tarjomani, 21, Betsy-Blue English, 19, and Mikey Bromley, 20...

How's life after The X Factor?

BETSY-BLUE: Wicked!

PARISA: We signed with Warner Bros records, which is really, really fun. We've been writing for three years and know what we want to release and they trust us.

B-B: There were conversations about signing to Simon Cowell's label Syco, but they didn't put forward a deal in the end.

Did you feel Simon tried to change you on the show?

MIKEY: We started to feel moulded into something we weren't. We didn't have much choice about the performances.

CHARLIE: They even took biscuits off me in the house! They said if I kept eating them I'd get fat.

M: We'd have to hide Doritos up our tops and sneak them in.

B-B: I got photographed outside a shop eating peanut butter on toast once – and someone said I should be reported!

Will you be watching this year?

B-B: Yeah. I'm surprised Cheryl Fernandez-Versini is going back – she always seemed so loved-up, I thought she'd have a baby.

P: It won't the same without Louis Walsh and Dermot O'Leary.

M: I think I'll watch it – there's going to be a whole new modern twist to it this time around.

Only The Young's debut single I Do is released on 31 July



TELLING *tales*

FILM

True Story *At cinemas 17 July*

We're used to seeing Jonah Hill and James Franco in comedies like This Is The End. But now they're in this edgy thriller about disgraced journalist Michael Finkel (Jonah) who gets involved with the story of Christian Longo (James), a man imprisoned for killing his family. The thing is, Christian has taken on Michael's identity. Yep, it's weird.

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW



TV

The Outcast
BBC1, 9pm, 19 July
The drama comes to a conclusion when Lewis (George Mackay) returns to the village where he's become notorious. Can he ever lead a normal life?

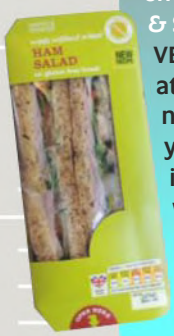


Kylie Minogue for Sloggi
We cannot believe that Kylie is in her late forties! And now we're off to the gym.



Prince George's red shorts
Is it OK that we're taking fashion cues from a toddler? Because we are.

SO NEVER



Posh saying she shops at Marks & Spencer
VB, we like your attempt at being normal, but we've yet to bump into you when we're buying our lunch.

The wait for The X Factor
The auditions have kicked off and we can't wait to see the revamped show. But there's still, like, weeks to wait... gah!

TURN FOR MORE



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The Fix

Chilling IN



Sex With Brody
E!, 11pm, 19 July
Caitlyn Jenner's son Brody is baring all in this late-night show, which is all about, er, sex. And some relationship stuff, too. Well, you're not a true Jenner if you're not revealing literally everything. That's just the way the world works.

TV

Desi Rascals
Sky 1, 8pm, 22 July
The gang are back for series two of the reality show from the creators of TOWIE. This time there will be loads of new faces – and just as much drama. So will we ever get sick of scripted reality? Er, nope.



TV



The Way Back Up by Prides
Out 10 July
We love this Glaswegian band, especially their gorgeous synth-pop singles Higher Love and Out Of The Blue. Their debut album is finally out – and it's totally becoming the soundtrack to the summer.

ALBUM

The Gunman
Out 20 July
Sean Penn and Idris Elba star in this action-thriller about a sniper who becomes the target. Dads will love it – and we'll drool over Idris.



DVD

Chilling OUT



EVENT

Alice's Adventures Underground
Waterloo Vaults, London, until 30 August (alice-underground.com)
Fall down Alice's rabbit hole and end up in Wonderland on a search for Alice in this interactive experience.

Self/less
At cinemas 17 July
Ryan Reynolds and Downton's Michelle Dockery star in this film about a man dying from cancer who manages to transfer his soul into the body of a younger, healthier man. What could possibly go wrong, eh?

FILM



FILM



The Gallows
At cinemas 17 July
This film will freak you out. Twenty years after a tragic incident at a high school, students decide to honour the anniversary of the events. Oh, guys, best leave well alone...

Wilderness Festival
6-9 August, Cornbury Park, Oxfordshire (wilderness festival.com)
Björk headlines, with performances from Ben Howard and Parliament/Funkadelic, in this beautiful countryside location with a hidden valley.

FESTIVAL



Words: Rosie Grizauskas. Photos: PA



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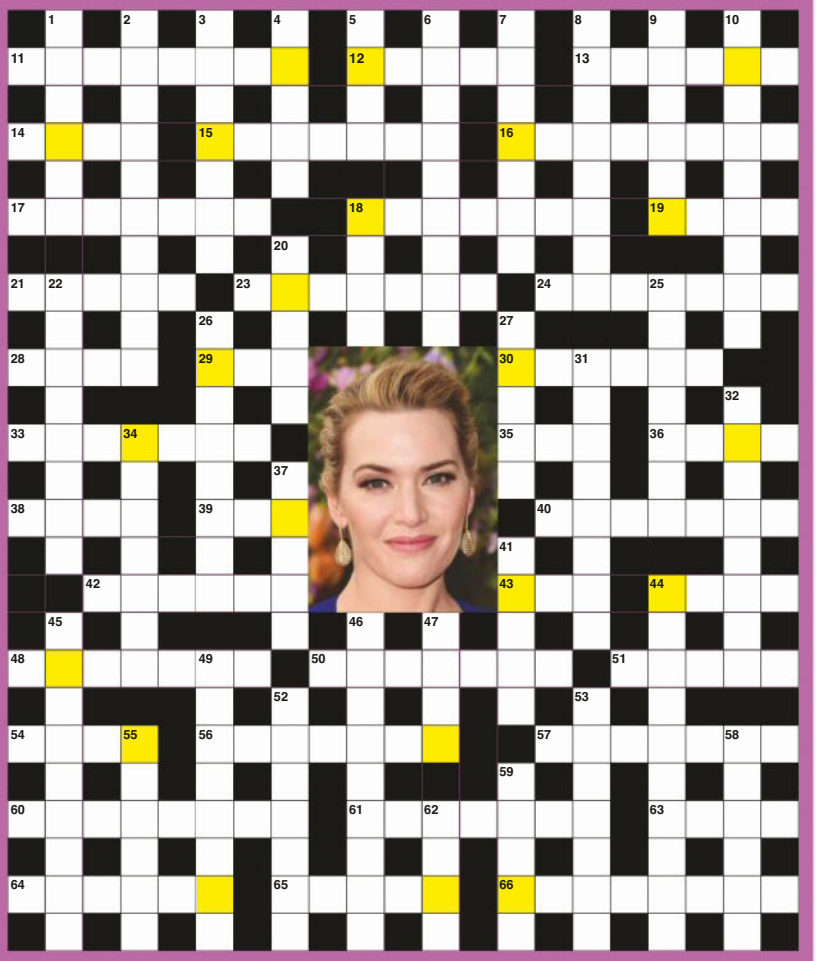
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Celebword

Fill in the answers below and the letters in the yellow squares will spell out the answer to this bonus question: the first paid acting job for Britain's Oscar-winning actress Kate Winslet was in a TV commercial dancing with which character?



ACROSS

11 Star sign, the water carrier (8)
12 Of a town or city (5)
13 Alter (6)
14 Mini-cab (4)
15 Cooked meat in the oven (7)
16 Helpings (8)
17 Hundred years (7)
18 Dig up, discover (7)
19 Banner, pennant (4)
21 Large sea (5)
23 Crime (7)
24 Loving, worshipping (7)
28 Without charge (4)
29 Take legal action (3)
30 Very busy, frenetic (6)
33 Single eyeglass often on a cord (7)
35 Small fairy (3)
36 Bird's flying limb (4)
38 Ship's pole for the sails (4)
39 Item of clothing often with 5 Down (3)
40 Safe enclosed area for toddlers (4-3)
42 Web-building eight-legged creature (6)
43 Japanese money (3)
44 Butterfly-like insect (4)
48 Wind bringing torrential rain (7)
50 External extension to an upstairs room (7)
51 Sleeper's sound (5)
54 Broad smile (4)
56 Mum and Dad (7)
57 Fruit grove (7)
60 Made a vow (8)
61 Largest living bird (7)
63 Item of footwear (4)
64 Large drinking-cup without handles (6)
65 Sibling's daughter (5)
66 Passed critical comment on a book or movie (8)

DOWN

1 Figure with four equal sides (6)
2 Justice of the Peace (10)
3 Book-lending institution (7)
4 Film award (5)
5 Man's traditional office wear (4)
6 Dutifulness, willingness to follow orders (9)
7 Spur to creativity, positively motivate (7)
8 Singed, charred (8)
9 List of charges (6)
10 Woman who publishes advice, on relationships perhaps (5,4)
18 Second-hand (4)
20 Frequently (5)
22 Military rank below sergeant (8)
25 Train track (7)
26 Quarantined, kept separate (8)
27 Tear into tiny strips (5)
31 Decorative fastener for a shirt sleeve (4,4)
32 Forefather (8)
34 Eight-limbed sea creature (7)
37 Slightly drunk, tipsy (5)
41 Animal, proverbially said to laugh (5)
44 City in the north west of England (10)
45 Company directors' meeting chamber (9)
46 Machine used in cutting grass (9)
47 Sections of a play (4)
49 Directly contrary (8)
52 Spear with three prongs (7)
53 Repository of public records (7)
55 Lithe and light-footed (6)
58 Tennis bat (6)
59 Personal journal (5)
62 Long and arduous journey (4)

ANSWERS

ACROSS 11 Aquarius **12** Urban **13** Change **14** Taxi **15** Roasted **16** Portions **17** Century **18** Unearth **19** Flag **21** Ocean **23** Offence **24** Adoring **28** Free **29** Sue **30** Hectic **33** Monocle **35** Elf **36** Wing **38** Mast **39** Tie **40** Play-pen **42** Spider **43** Yen **44** Moth **48** Monsoon **50** Balcony **51** Snore **54** Grin **56** Parents **57** Orchard **60** Promised **61** Ostrich **63** Sock **64** Goblet **65** Niece **66** Reviewed

DOWN 1 Square **2** Magistrate **3** Library **4** Oscar **5** Suit **6** Obedience **7** Inspire **8** Scorched **9** Tariff **10** Agony aunt **18** Used **20** Often **22** Corporal **25** Railway **26** Isolated **27** Shred **31** Cuff link **32** Ancestor **34** Octopus **37** Merry **41** Hyena **44** Manchester **45** Boardroom **46** Lawnmower **47** Acts **49** Opposite **52** Trident **53** Archive **55** Nimble **58** Racket **59** Diary **62** Trek

Bonus answer: Sugar Puffs Honey Monster

Photos: PA

Now

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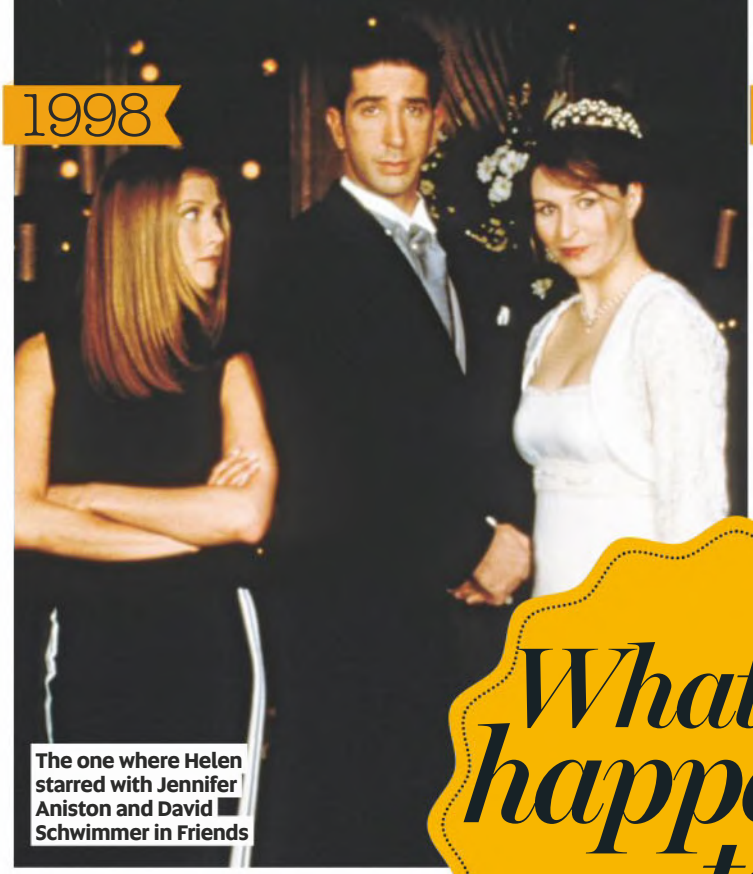
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1998

The one where Helen starred with Jennifer Aniston and David Schwimmer in Friends



NOW

Whatever happened to...?

Helen Baxendale



The bittersweet comedy made Helen a star



She schemed as Lady Macbeth in the 1997 version of Macbeth



By 2001 Helen was enjoying her role as mum

That name rings a bell...

It certainly should! Helen, now 45, played Ross Geller's English fiancée Emily Waltham in series four of Friends. She also made regular appearances throughout the show's fifth series, although her character was written out earlier than planned after Helen became pregnant with her first child. She's since revealed: 'Friends was great fun but I was just there so they could make some funny jokes about England. And I was also expecting – and you have to be thin out in America.'

Throw us a classic Emily Friends quote...

'Ross, I'm having a great time. Your sister was just telling me that you used to dress up like little old ladies and host make-believe tea parties!'

So what else has she been in?

Back in 1997, before starring in Friends, Helen established herself as one of the stars in TV series Cold Feet, playing Rachel Bradley. Helen continued to play Rachel for a further five years until – spoiler alert! – she was killed off in 2003.

And since then?

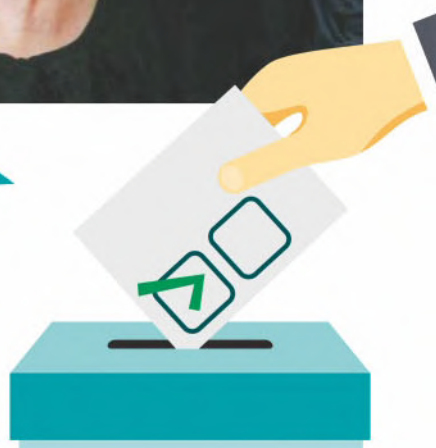
She took time out from the limelight to focus on raising her three children Nell, now 16, Eric, 13, and Vincent, nine, with film director husband David Williams, whom she married in 1993. In 2011 Helen returned to acting, landing a role in ITV1 thriller Kidnap And Ransom. Most recently, she's starred in BBC3 hit comedy Cuckoo, playing Lorna Thompson.

How did she meet her hubby then?

Helen's revealed: 'David and I acted alongside each other in a play called La Ronde. It's a play about sex, basically. We had to get our kits off, so my mother first saw David when he was nude on stage!'

Did she always want to act?

Nope. Helen actually trained at the Elmhurst School for Dance until she was 17 but packed it all in for a career in acting. She now has her own production company called Shooting Pictures and co-produced 2009 Brit flick Beyond The Pole.



Helen's a politics buff. The comedy star admitted that her favourite TV show is **Question Time**. 'I enjoy political argument and I shout at the telly a lot,' she confesses.

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters @timeinc.com**

Words: Lucy Gornall. Photos: PA, Rex

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